



THE ART OF TUNING MIND & SHIFTING GEAR FOR THE PURPOSE OF LIVING ENHANCEMENT

Dr. J John Sunil Manoah

Assistant Professor in English, Vel Tech Dr. RR Dr. SR Technical University, Avadi, Chennai – 600062.

ABSTRACT

Every human has got mixed emotions which certainly manipulate their personal and professional life, the current generation of society demands every human being to take up both the roles, and none can skip any of it, if they wanted to mingle and life a common man's life. Since the professional world and the personal world of every human demands to stay on higher grounds which accumulates the words stress, work pressure, hyper action of mind which eventually leads them to find mental illness, while living in these scenarios many professional find difficulties in optimizing and balancing their mind power, in order to skip these sort of troubles some way or the other one has to find a solution to overcome these troubles, lot of training are available in the market indeed many find it difficult to cope up with that by getting benefit from it, since time constraint is a huge task to allot. In this article I've written some tips and ideas to the professional to find balance between their pressure that raises between professional life and personal life, I intend to present a set of theories from which I believe that people involved in finding difficulties to optimize their mind will certainly benefit out it.

Introduction

The world is full of competencies in every aspects of life, especially for human livings. It applies more for humanity in comparing with the rest of creatures of the earth. The reasons I believe every creature in the earth satisfies and settle down with the basic requirements for living which doesn't occur in human beings, ever since man created imperialism for wealth, the entire humanity started running behind it, in order to enhance the life in the society we live in. No wonder if I say the world is full of surprises and shocks, 'surprises' that deals with the positive side of our life which brings happiness in unexpected time, 'shocks' that deals with the negative side our of life which brings misfortunes and sadness all of a sudden, especially at the time of unprepared. The entire humanity is lockdown between the dimensions of life and death; no one can deny the statement that life is a mixture of joy and sorrow, and every human must have witnessed bliss and agony at least once in their life. Some type of people consider those as their own karma, which they have inherited from their past life, and some calls it as destiny which they made in their present life, and few of them considers those in neither dimensions. In the midst of all these deeds that happen in one's life, most of the humanity prefers to finish the race which they were assigned to take up, but few of them call it off and quits in the middle due to their inefficiency in barring and managing onerous situations and scenarios of life. In this article I intend some formulas especially for the first kind of people those who determines to complete the task assigned to them professionally and personally to amble their life in peace and comfort in the middle of difficulties.

Self Tuning for Enhancement

Tuning is system for performance improvement, people those who have experience in using a radio or television must have applied this concept, tuning the radio or television frequency is done for better clarity and better picture. Gear system which is used in bikes and cars can be non-technically defined as speed controller, which modulates the speed of the vehicle according to its gear pattern. I've taken these two concepts to derive a formula for living enhancement.

When we ought to discuss about tuning the question arises on what to tune and when to tune, the answers are prompt and different from person to person and depends upon one's nature and character. When we talk about people's nature I classify them on three types (i) Those who prefers to move by the wind, (ii) who prefers to go beyond the wind, (iii) who prefers to stay behind the wind, (wind here refers to the activities of our life) for all the three types of people expected deeds and unexpected deeds happens in sporadic manner to everyone. Lot of training and strategies are available in the market for living enhancement like (i) Time management, (ii) Stress management, (iii) Relationship management, (iv) Emotions management and etc. Some undertakes those and benefit out of it, and some manage to live without it, but everyone those who completes the tasks of life on higher grounds must have applied the above mentioned skills along with tuning system and shifting gear with or without their knowledge.

Let's imagine ourselves into a situation, where we are standing in a desert from morning to evening in a hot summer day, when the sun blows extreme heat and we have one palm tree to stand underneath for shadow, in this scenario if we want to stay underneath the shadow throughout the whole day, we have to keep moving ourselves from time to time according to the shadow of the palm tree, incase if we are adamant by sticking to one place we got to compromise with the heat, which might kill us at some point of time. This is the prospect of tuning ourselves in a situation; every situation of life demands us to act according to its description and genre, only the people who prefers to adapt to the conditions will find their

life with progress and prospects, rest of the people will have to undergo suffering from time to time till they complete their task.

When a situation demands or people expect from us knowing or unknowingly we have to shift our gears to live up to their expectations, even if we assume that people around is extraneous to us, still they make a big impact in our life style directly or indirectly. Moreover we do not live in the world of sages or saviors to avoid the dominance impact of the world; indeed we have to learn to live with these people willingly or unwillingly, since they make most of our life.

An 100CC motorcycle is been classified into two types (i) MCWG (Motorcycle with gear) (ii) MCWOG (Motorcycle without gear) the first kind MCWG drags more attention especially by youngsters for its speed modulation, a normal 100 cc gear bike will have four gear modules which controls the speed of the vehicle, in the first gear the speed may modulate between 0–20kmp, in second gear, 20–40kmp in third gear 40–50kmp, and 50kmp plus takes the fifth gear. If gear pattern was not amplified in those kind of bikes, the bike will start moving straight away in its top speed which will be tough for the rider to control in, in order to avoid this mishap the gear systems is infix in these kind of bikes helps the rider to control the speed of moving. Synchronizing this concept in our daily activities of life certainly guarantees an enhancement in our professional and personal life. Most of our life depends upon how we present and how we carry ourselves among the people we live in, our skills and qualities are measured by our work and the task we have completed. Caution and discretion are always required in all our endeavors. In cricket Indian captain Mahindra Singh Dhoni is famous for his acceleration, he knows how to vary his pace according to the situation for eg if he gets to bat in the power play over his bat swings in a medium rate, if he gets down in the middle overs especially when more wickets were down his bats swings in moderate, if he gets down in the slag overs his bats swings in extreme high rate, through this mode he help India to recovery even from worse scenarios, this could be one typical example for shifting gear. In all the works we do in our professional and personal life reading the situation for understandings stands as a priority, after analyzing the required phase the speed of our steps should vary from time to time, people those who apply these strategies will definitely enhance their life.

Conclusion

Every human is longing for an enhancement in every aspect of life which was not identified by many professional, I believe by applying the simple strategy of tuning their own mind will certainly prompt them to discover a solution for every problem and trouble; it will also help the professional to maintain a balance in every act of life.

REFERENCE

1. Vasudev, Jaggi (2003): **Mystic's Musing**, Isha Foundation, Coimbatore, India.